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(54) COMPRESSION FOOT GARMENT, AND THERAPEUTIC METHOD FOR REDUCING HEEL PAIN

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(57) ABSTRACT

A compression foot garment is integrally knit of a body yarn, and adapted for wear on a foot of a user. The foot garment incorporates first and second high compression zones, and a compression release zone between the high compression zones. The first high compression zone is adapted for applying substantially circumferential compression to the foot below the plantar fascia between the calcaneus and metatarso-phalangeal joints and generally around the midfoot. The second high compression zone is adapted for applying substantially circumferential compression to the foot above the calcaneus and generally around an ankle of the user. The first and second high compression zones may comprise elastic yarns integrated with the body yarn. The compression release zone is adapted for applying reduced compression to the foot in an area between the first and second high compression zones.

